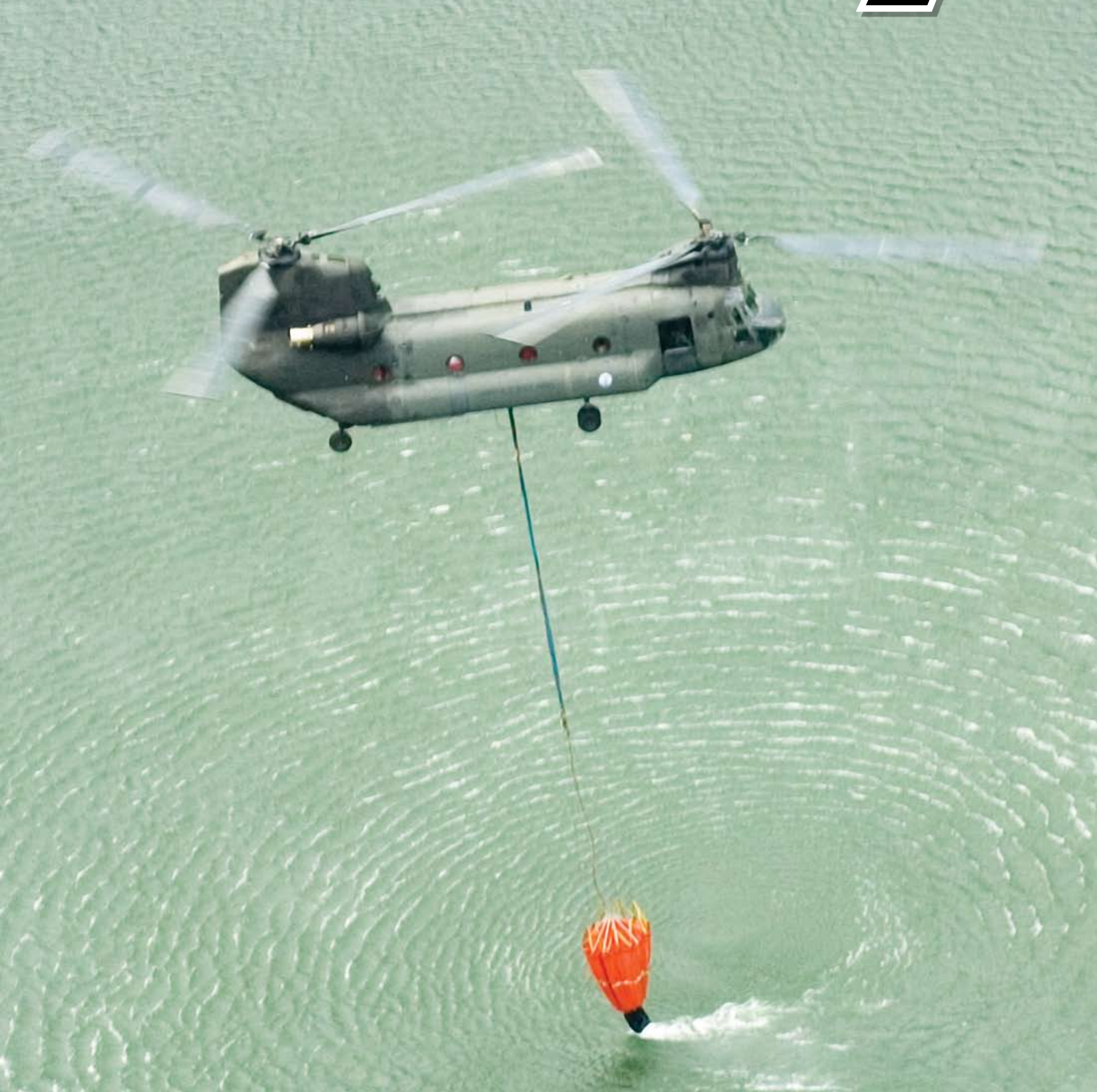


Grizzly

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Official Newsletter of the California National Guard

9-11, A Nation Changed

For the greatest generation and the twentieth century, it was "...the day that will live in infamy..." – the bombing of Pearl Harbor. For generation X and the new millennium, it will be the day America was attacked and the destruction of the World Trade Towers – a symbol of America's power and wealth.

Five years ago, in near simultaneous strikes, the United States was attacked at the World Trade Center in New York, at the Pentagon in Washington D.C., and a third failed attempt that ended in a field in Pennsylvania. Thousands of innocent lives were lost on that fateful day. As America watched in horror and disbelief, emergency responders, firefighters, police officers, medical personnel, and National Guardsmen were mobilized to provide aid. In less than an hour – 59 minutes – the entire world was irrevocably altered by random acts of terrorism, while people around the globe were mesmerized by the horrific scenes unfolding over and over again on their televisions as the news was played repeatedly for those who still could not believe their eyes. From the first airplane strike on the north tower, to its unceremonious collapse one hour and twenty-eight minutes later, time stood still. A mere two and one-half hours after it started, the attacks were complete and America was in shock. Listed below is a timeline of that 150 minutes that led America into war.

7:58 a.m. - United Airlines Flight 175 departs Boston for Los Angeles, carrying 56 passengers, two pilots,

and seven flight attendants. The Boeing 767 is hijacked after takeoff and diverted to New York.

7:59 a.m. - American Airlines Flight 11 departs Boston for Los Angeles, carrying 81 passengers, two pilots, and nine flight attendants. This Boeing 767 is also hijacked and diverted to New York.

8:01 a.m. - United Airlines Flight 93, a Boeing 757 carrying 38 passengers, two pilots, and five flight attendants, leaves Newark, N.J., for San Francisco.

8:10 a.m. - American Airlines Flight 77 departs Washington's Dulles International Airport for Los Angeles, carrying 58 passengers, two pilots, and four flight attendants. The Boeing 757 is hijacked after takeoff.

8:46 a.m. - American Flight 11 from Boston crashes into the North Tower at the World Trade Center.

9:03 a.m. - United Flight 175 from Boston crashes into the South Tower at the World Trade Center.

- U.S. Federal Aviation Administration shuts down all New York area airports.

9:21 a.m. - Bridges and tunnels leading into New York City are closed.

9:25 a.m. - All domestic flights are grounded by U.S. Federal Aviation Administration.

9:45 a.m. - American Flight 77 crashes into The Pentagon.

10:05 a.m. - The South Tower at the World Trade Center collapses.

10:05 a.m. - The White House is evacuated.

10:10 a.m. - A large section of one side of The Pentagon collapses.

10:10 a.m. - United Flight 93 crashes in a wooded area in Pennsylvania, after passengers confront hijackers.

10:28 a.m. - The North Tower at the World Trade Center collapses.

Today, our country remains at war. Although there have been moments where it might seem that the war has been won, that military members should no longer deploy, that the country is safe - it is not so. Just this past month, a terrorist attack that once again targeted the United States was foiled. The war is not over. Terrorists that would do our country, our family, and our children harm continue to exist. However, America's Army – the National Guard of the United States – continues to stand the watch and man the ramparts that allow everyone to sleep, work, and play safely under the umbrella of their protection. To everyone who has served and all those that support them, thank you for your selfless and patriotic service. Stay vigilant, stay prepared, and never forget the events of "9-11".



Maj. Gen. William H. Wade II

Senior Enlisted Advisor

Remembering the Season.....9-11

All over the country, fans and athletes are getting ready for the fall. A time when fields are chalked and schedules are written for an upcoming season of putting our troubles aside and cheering for the home team. It is the time for gathering the harvest and reaping the rewards of someone's labor.

For many Americans, especially those who wear the uniform of the United States military, it is a reminder of the need for vigilance and readiness at home. Remembering when the American people came under attack by a cowardly

enemy; a scheming and vicious enemy that did not give a second thought to the pain and suffering caused to thousands of American families by their unprovoked attack.

We are picking up the pieces and moving on. "Ground Zero" is a buzz of activity, not in reconstruction, but in memorial of those that lost their lives on that infamous day. Not all who died were inhabitants of the "Towers", some were part of the rescue effort. In the service of their community, firefighters and peace officers gave their

all, many their final effort, to help.

September 11th reminds us that the National Guard is ready, relevant and responsive. We will defend our shores, our borders and our air space from those who wish us harm. On the eve of yet another anniversary, it is a time to reflect, reassess, and reaffirm that our commitment is strong and unwavering. We must remember to instill this commitment in our young Soldiers and Airmen of the future. For they will inherit the mantle and stand the watch; for they will not let the American people down.



Command Chief Master Sgt. Henry V Fernandez

Grizzly

Newsletter

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California National Guard

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The New Grizzly

From the Editor

August 2006 has been a busy month for the California National Guard. In the mist of redeployments, deployments, annual training and the 'Border Mission' we have now deployed troops to San Francisco, San Diego, Los Angeles and Ontario airports. A terrorist plot involving inbound US planes from Britain triggered the latest mobilization.

The five year anniversary of 9-11 finds a country not more secure, but still fighting the Global War on Terrorism. Our Soldiers, Airmen and their families understand all too well the sacrifice required to protect this nation. Examples of the dedication and professionalism of the California National Guard troops can be seen throughout the Grizzly pages. Special congratulations to the Officer Candidate Class of 2006. They have endured arduous training to become commissioned officers and have the honor of leading troops.

STORY SUBMISSIONS:

If you have a story or event that you would like featured in the Grizzly you now have two options. You can submit an article as a feature story or you can send a 'blurb' for 'At a Glance.' Follow these simple guidelines:

Pictures - must tell a story avoid posed or 'family portrait' style and be the highest resolution possible. Action shots are best and should include a CNG member when possible.

For 'At a Glance' write five to six sentences that states the why, what, when who and where.

Remember to include photographer credit and identify personnel in each picture - Rank and CORRECT SPELLING of names.

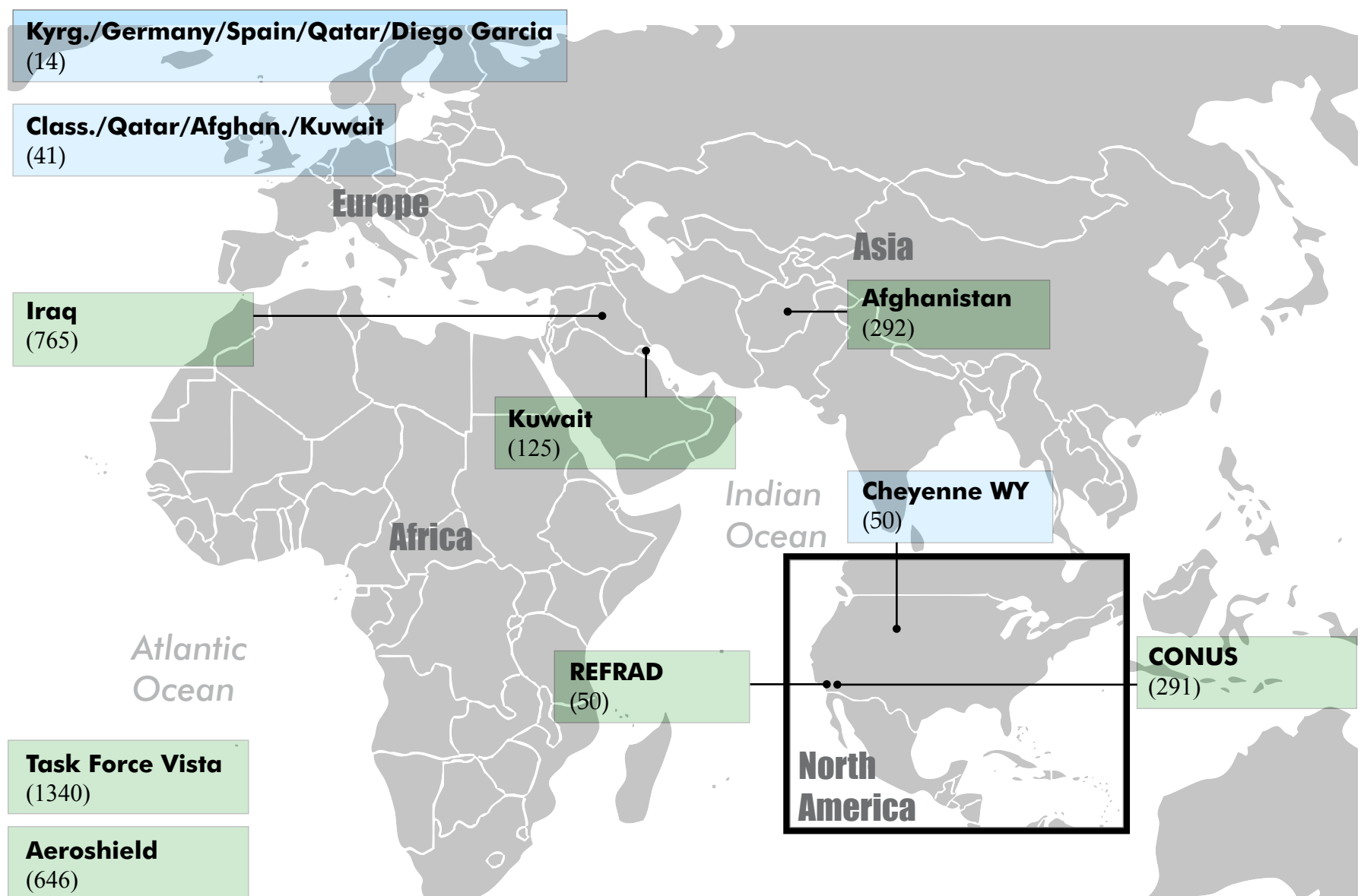
Email story submissions and/or comments to:
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Highlight your
Soldiers' and
Airmen's
accomplishments
by sending us an
"ACTION SHOT"
and a short
explanation of the
training
conducted.
Remember the
picture should tell
the story, avoid
portrait style
poses.

Cover photo by
Sgt. 1st Class Jesse Flagg

Where We Are

The California National Guard as of August 2006



AeroShield

By Capt. Julio J. Bermejo

The tradition of the Minuteman, of responding to the call of service at a moment's notice, is alive and well in today's California National Guard, as demonstrated by Soldiers and Airmen activated and deployed to San Francisco International Airport, Mineta San Jose International and other of the state's major airports in the wake of a foiled terrorist plot to destroy airliners traveling to the United States from Great Britain.

Governor Arnold Schwarzenegger ordered the California National Guard to duty, under state authority, in support of airport security operations statewide Aug. 10. At SFO, Soldiers from three Bay Area and Sacramento area Army Guard units were standing post Aug. 11, less than 20 hours after initial orders went out to battalions, said Capt. Dave Murphy, commander of the San Francisco team.

The Soldiers at SFO, a total of about 100 from the artillery unit, the 1-149th Armor Battalion and the 340th Field Support Battalion are supporting airport security and law enforcement agencies by augmenting existing security at vehicle checkpoints and by conducting patrols.

At San Jose International, the first of approximately 70 Soldiers from Bravo Company, 1-184th Infantry Battalion arrived Tuesday to support security and law enforcement agencies there.

More than 100 Soldiers reported to the unit's Dublin, Calif., headquarters Aug. 10, said team commander Capt. Joel Armstrong. The team deployed Tuesday after the mission was assigned, its details and the duties to be performed decided, and the number of Soldiers required cut from 100 to 70.

Duties for the members of the San Jose team include assistance with security at non-public vehicle and pedestrian access points and assistance to the Transportation Security Administration with checked baggage.

Both Murphy and Armstrong said the Soldiers on their teams have extensive experience in security operations from their training and their recent deployments to Afghanistan, Iraq, Guantanamo Bay and other locations.

"The majority of our guys (at San Jose International) just returned from OIF 3," Armstrong said. There, the Guardsmen operated traffic control points, vehicle and pedestrian security check points, and conducted patrols in their area of responsibility.

In addition to the experience gained in their deployments to the U.S. Central Command area of responsibility, many of the Soldiers assigned to SFO performed security duties in detainee operations at Guantanamo Bay, Murphy said.

The presence of these trained, experienced, highly visible National Guard teams will allow the TSA, law enforcement and other security agencies to sustain additional security measures required by the elevated threat level, California National Guard officials said.

With missions that take them from protecting America's borders and ports of entry, whether air or land, to helping the Gulf Region after Hurricane Katrina, to defending the United States through their service abroad, California National Guardsmen and women exemplify the citizen-Soldier.



Soldiers of Bravo Company, 1-184th Infantry Battalion view a video introducing them to basic procedures for maintaining security at Mineta San Jose International Airport.



Pvt. 2nd Class Daniel Trujillo of 1-143rd Field Artillery stands post at San Francisco International Airport's Millbrae Gate Aug. 14, 2006.

Bucket Training

A Joint Effort Ensures Fire Emergency Readiness

With summer wildfires springing up throughout California and other western states, it's crucial that the California National Guard stand ready to assist civilian fire fighters should their resources be depleted or unable to cope with fire emergencies.

The California National Guard typically supports a dozen or more missions each year in response to wildfires, and military aircraft are the primary support provided. "The National Guard is a primary augmentee for fire fighting throughout the state," said Maj. David Wollman, Operations Assistant, "Because we're so quick to respond they like using us as a primary or a backup role to civilian assets." And training is the key to successfully integrating Forestry and California National Guard fire fighting efforts.

On the weekend of May 20 through 21 the California National Guard, USDA Forest Service – Sierra National Forest, and the California Department of Forestry (CDF) conducted its annual 3-day large-scale interagency wildfire training exercise in Sierra National Forest near Fresno. The training gave Guard aircrews, from the 40th Combat Aviation Brigade, valuable Military Helicopter Firefighting Training, and provided Forestry and Guard personnel the opportunity to practice coordination for future real world missions. "Training provides us an opportunity to smooth out some of the differences (between agencies), and how we operate on a continual basis," explained Maj. Christopher L. Miller, Operations Officer, 40th Combat Aviation Brigade.

The training kicked off on Saturday at Fresno Air Attack Base [Fresno Army Aviation Flight Activity] where aircrews flew in from as far away as San Diego and Sacramento. The weekend included classroom training and real world practical exercises. Aircrews headed out to Peg Field, a small airstrip at the base of Sierra National Forest, to begin water bucket hoist maneuvers and bucket drops on a controlled fire. CH-47 Chinook and UH-60 Blackhawk helicopters fitted with Bambi Buckets flew from Peg Field to Pine Flat Reservoir, where they picked up water, then went on to the drop site at Barnes Mountain and dropped water on a five acre contained fire. "The major benefit to training like this is that we train for the actual event," Miller said.

The training also included another California National Guard asset for fighting fires – the UH-60 Firehawk helicopter. It is equipped with a tank, situated under the belly of the aircraft, capable of holding 1000 gallons of water or fire retardant. A snorkel hose, controlled remotely by the aircrew, is lowered into a lake or other water source and can fill the tank in approximately 60 seconds. Once over the fire, the aircrew can control the release of its contents to most effectively suppress fire.

There's a great deal of coordination that takes place in order to fly aircraft in and out of dip sites and fire drop sites. In addition to the normal aircrew, each aircraft has a CDF Helicopter Manager on board to manage the water drops. This person is the expert who advises the aircrew. Fire fighting helicopters are required to radio into other aircraft acting as the Air Attack or Helicopter Coordinator, both of which fly at a higher altitude than fire fighting air traffic. Aircrews call in and out of the dip site in order to maintain aircraft separation.

water, it is maxing its power capabilities while moving at its slowest speed. This is one of the most hazardous portions of flying fire fighting missions, but aircrews have the capability to drop the water or jet-tison the bucket completely should the aircraft have an in-flight emergency.

Poor visibility due to smoke and the inherent chaotic nature of fire fighting requires the helicopters to travel to and from the fire on specified routes in order to prevent mid air collisions. Ground crews at the fire location guide the helicopters to drop water just outside the fire to help prevent it from spreading. Aircrews will sometimes drop directly on the fire if the environment on the ground is too hot for ground crews to work, but they rely on the guidance from the crew below to make sure they don't put fire fighters at risk. Hundreds of pounds of water falling to the earth can be lethal, and may snap off branches that could injure workers on the ground.

Training is essential. Crowded airspace, severe temperatures, air

lines, and you have an often unpredictable and potentially volatile situation.

"Fire fighting and flying Aircraft are both dangerous. Putting the two together is especially dangerous," says Wollman. "So every year we certify our crews to make sure they are best prepared to fight fires and do it in a safe way." This is what aircrews train for, and these are the missions aviators find most rewarding.

"You have to make split second decisions of what you're going to do, and when you're going to do it," says CW4 Rod Cain, State Standardization Officer and Senior Instructor Pilot. "It's very exciting; it's one of the most exciting missions for aviators."

Military aircraft are called out every year to assist fire fighters. The California National Guard has the only Firehawk in the region, and helicopters can get to locations that ground crews and equipment simply can't access. Maj. Wollman: "We're here to make sure things stay safe, so that if the civilian as-



The crew chief hangs out the side of the helicopter and advises the pilot as the bucket is lowered into the water and then filled. As the helicopter pulls away from the dip site with 700 or more gallons of

instability, and poor visibility all make water drops dangerous business. Add to that aircraft carrying 5000 plus pounds of water suspended from a 10 to 65 foot long cable traveling through mountainous terrain and possibly power

sets or local fire fighters couldn't do the job, that the National Guard is here to make sure it doesn't get out of control."

Psychologist

By Maj. Philip Holcombe

Every Service Member's Responsibility: Psychological First Aid

History shows that on average there is one psychological casualty for every five physically wounded warriors. Recent studies show that approximately 17% of service members develop clinically significant mental health problems as a result of deployment to Afghanistan or Iraq. More recent studies show that approximately 35% of service members seek help as a result of a mental health concern within one year of their deployment. Indeed, the "invisible" nature of a psychological wound can be just as dangerous as a life threatening physical wound. The average rate of suicide in the active military varies from approximately 9 to 13 per 100,000, and many of these service members displayed some detectable pre-suicide sign that if recognized may have led to preventative measures. These facts combined with the fact that service members are three times more likely to talk to a peer about their stresses than to a chaplain or mental health professional mean that all service members are responsible to do their part to ensure the psychological health of their fellow service members.

There are several important tools of psychological first aid the average service member can use to minimize the likelihood their fellow unit members will become a psychological casualty and/ or decrease the intensity of a service member's psychological wounds. The first step is to ensure that you are not a part of perpetuating the mental health stigma that exists

within the military culture. The second is to do your part to maintain and improve unit cohesion. Third, learn to listen to fellow service members without dismissing their concerns. Fourth, know when and where to refer.

A recent survey conducted of Soldiers serving in Iraq shows that mental health stigma continues to be a major problem. In a study conduct of 756 service members in Iraq, they were asked about their perceptions of how they would be viewed if they accessed mental health services. Fifty-nine percent felt they would be seen as weak. Fifty-eight percent felt they would be treated different, and 49% felt the unit would have less confidence in them. Forty-six percent felt they would be blamed for their problems. These problems likely reflect their generalizations of genuine experiences. These experiences include hearing other Soldiers talk badly or make jokes about fellow service members who have sought help. Inappropriate remarks and jokes will likely continue, but do not be the one from whom such remarks are heard, even when such remarks may be true of a given Soldier. You never know when someone who truly needs the help may be listening and chose not to pursue the help as a result of a remark you make. I truly believe that many warriors would rather bound a bunker than lose the respect of their warrior peers. Let service members who are seeking help know that you respect their courage.

Unit cohesion is one of the most important organizational factors

for preventing mental health casualties and needs to be both horizontal and vertical. Horizontal cohesion exists between peers of similar rank, and vertical cohesion exists between those of higher and lower rank. Some units have one type but not the other. This is a significant problem as all warriors make estimates of their ability to survive a battle. The estimation process includes the warrior's perspective of the intensity of the threat compared to their individual combat skills and the skills of their fellow warriors on their right, left, and in the lead. If they believe the intensity of the threat outweighs the later and that they have no control of these factors, the likelihood of mental health problems greatly increases.

You can do your part to improve and maintain unit cohesion through ensuring that all in your unit feel they belong and serve a greater purpose. Refuse to talk disparaging about unit leadership with peers. Voice your concerns appropriately to the leaders with whom you have the concerns. As a leader, be approachable and respond respectfully to the courage of a warrior to voice their concerns.

Learning to listen well is truly a skill that sounds simple but is difficult for many to do. However, listening well may make THE difference between getting a warrior the help they need and losing the warrior. Listening well means that you talk less and mostly listen. You hold the desire to offer rebuttals, and you have an attitude that focuses on helping the warrior



understand that you view their problem as important and worthy of your involvement for seeking a solution.

There are many sources that exist to help our service members. Most have likely forgotten the resource briefs they received, and a few may never have received the briefs. As a result, you can simply help fellow service members through referring them to the appropriate phone numbers. You should form a good relationship with your Family Assistance Networker. The name and contact information of your local networker can be looked up through the California Guard website under the Operation Ready Families link. You can also print the resource card under the Joint Staff, J-1 link. Take the time to call the phone numbers yourself to have an experience that embeds the usefulness of these resources in your mind. Then, you will be well prepared when you talk with a service member in need.

Post Deployment Health Reassessment (PDHR)

A message to the families of Soldiers...

We recognize that deployment may have an impact on the health and well-being of those who serve our country. Our mission is to provide quality healthcare to our dedicated Soldiers and help provide peace of mind to you, their dedicated families.

Before a Soldier leaves their deployment, they take the Post Deployment Health Assessment. The PDHR is the second part of the force health protection program. It provides education, screening, assessment and access to care for a wide variety of questions and concerns that you and your loved one may have about their health return from deployment.

How does the Post Deployment Health Reassessment process work?

A questionnaire is used to gather current demographic and health status information. Soldiers will have an opportunity to discuss their deployment health concerns with a healthcare provider once the form is completed. Together with the provider they can determine what additional services or referrals are needed.

Why are post deployment health assessments important?

Family members are often concerned about the health and safety of their

loved ones during deployment. When your loved one returns, you may worry about how deployment has affected the Soldier's health and well being. The PDHR gives your loved one the opportunity to receive professional advice that can help put your mind at ease.

How can I help my loved one and be a part of this process?

If you or your loved one recognizes any health-related issues that need to be addressed, you don't have to wait for the Post Deployment Health Reassessment. Army National Guard Soldiers should use the TRICARE benefits they have earned and Veteran's Administration benefits (2-years after returning from deployment) or contact their personal healthcare provider. Military One Source is also available 24/7 for both the Soldier and their family members.

Where can I get more information on the PDHR program and deployment health?

If you or your loved one has questions about the Post Deployment Health Reassessment Program, information is available at <https://fhp.osd.mil/pdhrainfo> or by calling the Post Deployment Health Reassessment Program Call Center at 1-888-PDHRA99 (1-888-734-7299).

4th of July Jump

By Warrant Officer Marc Yablonka

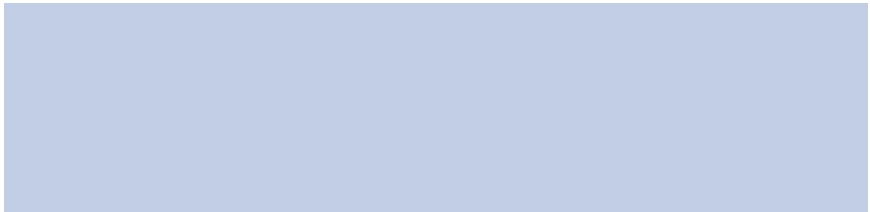


PHOTO BY SCOTT MITCHELL

“Get ready”, “Check Static Lines”, yelled Jumpmaster, Sgt. First Class Rick Schirmer, 1st of the 140th Air Assault Battalion, to the eight paratroopers straddling the open doors of the UH-60 Blackhawk as it banked into the wind.

Sgt. Schirmer continued to compete with that wind as it rushed through the helicopter: “Check equipment, Sound off for equipment check”, he shouted at the top of his strained lungs to the paratroopers, most from the 160th Long Range Surveillance Detachment (LRSD), others from the 128th Quartermaster Parachute Delivery Company, and Special Forces. All eight ran their fingers underneath their Kevlar, secured their chin straps and parachutes. “One minute”, “thirty seconds”, “stand by”, Schirmer continued before the paratroopers kicked off, and began their ascent down through the humid Southern California air.

Soldiers with name tapes reading Martinez, Aoli, Kim, Massigat, Thomas, etc., again and again jumped out at 1500 feet altitude and flew free from the Blackhawk, down into the Anderson Drop Zone on post at the Joint Forces Training Base, the last remaining military airfield in the Los Angeles/Orange County area. The ‘jump’ took place on the 4th of July, Independence Day, and the Nation can feel safe knowing that there is a new generation of Soldiers that serve selflessly. These young Soldiers, looking fresh out of high school, are the fabric of this nation, sworn to carrying on the Global War on Terror.



A paratrooper, with chute completely open, sails down onto the Anderson Drop Zone at the Joint Forces Training Base in Los Alamitos during July 4th festivities on post.

A Meeting between the Warriors of the Past and the Present

By 2nd Lt. Jeffrey Z. Doria

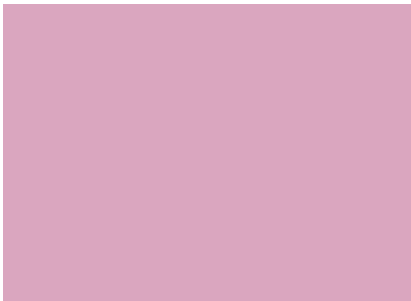
670th Military Police Company Visits the California Veterans Home of Chula Vista

The 670th Military Police Company had the opportunity to visit the California Veterans Home of Chula Vista, where they met veterans who served in World War II, the Korean War and Vietnam. Michelle Scholls, Director of Operations at the facility, helped coordinate the event with the 670th MP CO. Initially, the MP’s decided to visit the Veterans home as a means of simply providing service by serving refreshments (coffee & donuts) to the residents. However, what appeared to be a routine “community service event” turned out to become more than what the 670th MP CO expected.

War stories normally read in history books were revealed firsthand as the resident veterans provided true historical accounts of their experiences in past wars from WWII to Vietnam, while the combat veterans of the 670th told their vivid recollections of combat from our

present military campaign in Iraq. The exchange of personal stories and combat experience helped link the past generation of veterans with our present generation of Soldiers. A commonality was discovered between the two generations, regardless of the decades and different military campaigns separating the new from the old.

They reflect the sacrifices that define our great nation. These veterans, new and old, have defended this country from enemies both foreign and domestic, and new generations of servicemen will create their own stories in the wake of the sacrifices that have made this military the greatest fighting force in the world today.



Staff Sgt. Melissa Murphy with a Chula Vista California Veterans Home Resident

Californians Unite to Keep Kabul Safe for Coalition

By Tech. Sgt. Matt Summers

Some residents of Kabul say they have not seen foreign Soldiers on foot in the city since Russian troops pulled out in 1989. At first glance this might seem like a good thing, but when one considers that foreign troops have been stationed in the capital city since 2002, not as invaders, but liberators, it may seem a bit odd. A new approach to how Coalition troops operate in Kabul was established recently during a joint presence patrol made by U.S. and British troops using not armored vehicles, but good old-fashioned shoe leather. Members of the 315th Engineer Company (Security Forces) - made up of more than 100 California National Guard members from throughout the state -- stationed at Combined Forces Command-Afghanistan headquarters at Camp Eggers in Kabul joined their British counterparts for a walk through small and large neighborhoods, past business districts and through narrow alleyways -- constantly on the lookout for anything unusual.

"We want to ensure we portray a role as protector and not an occupying force," said Capt. Robert Gump, 315th EC commander. He said by interacting with the public his Soldiers hope to be viewed much like a local cop on the beat.

"The local populace will get to know us as persons and not invaders screaming around in our Humvees," he said.

The British forces, who took over the leadership role for the International Security Assistance Force in Kabul in May, agree.

"The patrols reassure the residents that we are here and that they can feel safe," said British Army Lance Cpl. Steve Dobie, a team commander with the Territorial Army's 170th Pioneer Infantry Squadron. "Loads of them are quite happy that we are here."

The joint patrol is just one of the duties performed by the Californians. Members also provide garrison security by manning several entry control points to Camp Eggers. Soldiers provide security for Coalition personnel living in "safe-houses" near the installation and perform their own "presence patrols" by going out into the community for short visits with Kabul residents.

During a recent visit to a market, a storekeeper named Bashir said the American presence is vital to stabilizing the security in the capital and throughout Afghanistan. He said the anti-Western riots in Kabul May 29 were not representative of the average citizen.

"Not all the people of Kabul are like that," he said of the rioters and looters who burned several buildings of Western organizations and stole goods from suspected Western homes and businesses. "Thieves just wanted to take advantage of the situation."

Despite the religious and cultural differences between Afghans and Coalition members, "we are all human beings," and together can make his country a better place to raise his children and grow old, Bashir said. Currently, the average

life expectancy in Afghanistan is 47 years.

Platoon leader 2nd Lt. Alex Villanueva said comments like this from citizens are "almost like a drug" that keeps his Soldiers pumped up. "A man told us he was happy to have his freedom," Villanueva said. "Interaction with the locals helps give the Soldiers a purpose to be here."

Team leader Staff Sgt. Shane Witcher said always riding around town behind armor quickly creates the perception of the locals as objects and not people.

Lessons learned in Afghanistan have shown that camps and forward operating bases that interact non-aggressively with the local community are far less likely to be targeted by insurgents, he added.

"Getting out, talking and sharing a laugh with them puts a human face to what we're here to do," he said. "We find out that although there are differences between us, there's a lot of commonality as well."

British Army Lieutenant Will Godwin, 170th Pioneer Squadron platoon commander, (left) briefs a joint British-American patrol before they hit the streets of the capital June 24. Staff Sgt. Shane Witcher (second from right) and Capt. Robert Gump, both from the California National Guard's 315th Engineer Company (SECFOR) take notes on the route.



(Left to right) Staff Sgt. Shane Witcher and 2nd Lt. Alex Villanueva, both from the 315th Engineer Company (SECFOR), hand out candy and school supplies to an Afghan boy during a recent presence patrol in the capital. The Soldiers are serving one-year tours at Combined Forces Command-Afghanistan headquarters at Camp Eggers.



Rebuilding a War Zone

By Lt. Col Robert Spano

"The key strategy to success in Iraq is the rebuilding and sustainment of the Iraqi infrastructure", General Casey said, as he addressed senior coalition engineers attending the recent Engineer Summit at Camp Victory Iraq. This fact has been the driving force and mission of HHD Engineer Brigade, 40th Infantry Division as they take on the daily assignment of rebuilding Iraq. The Soldiers of the Engineer Brigade are spread throughout the country at 20 different locations, and are working on projects

ment has oversight of construction projects such as roads and bridges, schools, health clinics, water treatment facilities, electrical production and distribution systems, communication facilities, police and Iraqi army facilities and fire stations. "Sharing the joy of Iraqis getting power, water, and community facilities for the first time is a rewarding experience; the interaction with the residents and officials of the region is pleasurable. Actually living in the rich history of Iraq is at times awe-inspiring."

neighborhood. Sometimes you will see another flock released from the top of a building as you turn down a different street. You must always be alert." Col. Mike Herman, the HHD Engineer Brigade Commander, is assigned as the Division Deputy Commander for his one year tour. Col. Herman, a licensed California Professional Engineer, is optimistic about rebuilding a country that has suffered so much at the hands of a brutal dictator. "We are bringing running water and electricity to parts of Iraq that never had these services." The dedication and perseverance of our engineers comes from years of both civilian and military experience. They are a disciplined group of seasoned Soldiers that are both intellectual thinkers and excellent project managers. The country of Iraq will greatly benefit from our presence on this mission.



Sgt. 1st Class David Garcia chats with a local Iraqi boy while visiting one of his construction projects

valued at more than \$18 Billion dollars. The projects include construction in the Water, Oil, Electricity and Facilities/Transportation sectors. The California National Guard engineers are part of the Gulf Region Division (GRD) which is one of five Major Commands under the leadership of Gen. William Casey, Commander Multi National Force Iraq (MNF-I). Engineers such as Maj. Gene Griffin, Officer in Charge of the Najaf resident, office work directly with the provincial governments to build projects intended to benefit the largest population possible. Maj. Griffin, a full time guardsmen at Joint Forces Headquarters, Facilities Engineering Depart-

The California engineers must endure the harsh elements and an unpredictable security environment to insure their projects are making forward progress; a task that comes with many challenges. Sgt. 1st Class FC David Garcia, a Project NCO assigned to the 4th Brigade, 101st Airborne Division, monitors projects in the Sadr City, an outlying area of Baghdad, that is a hotbed of insurgent activity. "When you're driving through Sadr City to review a construction project, you will sometimes see flocks of pigeons flying over the top your position. This is a technique the insurgents will use to mark the location of coalition forces as they move through the

as the gas-oil separator project in the Kirkuk oil field, restoring Iraq's oil capability and main source for economic recovery.

As Col. Herman wraps up another 18 hour work day, he looks out of his window at the lights of Baghdad and reflects. "The California Engineers know this task will not be easy. "The mission is arduous, yet rewarding; and when we look back on our experience we can collectively say we made a positive difference in the lives of the Iraqi people."

Graduation!

Persistence Prevails When All Else Fails – A Candidate's Story

By 2nd Lt. Kevin Marshall

It was 1300 hours on 26 February 2004, when I was finally sworn in as a Soldier with the California Army National Guard. I was known by my recruiter and everyone at the Los Angeles Military Entry Processing Station (MEPS) station as the eleventh hour enlistee because I enlisted eleven hours before my 36th birthday. I was truly blessed that my recruiter was determined to enlist me. The fourteen month process I went through that included two medical waivers and a dedicated recruiter set into motion my understanding that persistence prevails when all else fails.

During my first year as a Non Commissioned Officer (NCO) I went to the Primary Leadership Course (PLDC) and 79T School to become a recruiter. I enjoyed my job, but something was missing. One day one of my friends, Sgt. Sanchez, suggested I consider becoming an officer. We went to the Officer Candidate School (OCS) symposium and both decided to enroll in the OCS) program.

When we hit the ground in March 2005, there were 122 other Soldiers with a desire to become a 2nd Lt. SGT Sanchez and I stood side by side in our platoon formation while being constructively criticized by the Train Access Counsel (TAC) Officers. "Drop...just ring the bell and go home" was commonly heard and unfortunately some Soldiers took their words to heart. Soldiers from different family, career, and personal backgrounds joined OCS to be a part of a professional and respected component of the United States Army...the Officer Corps. That first month of training was called Officer Candidate Indoctrination Program (OCIP) and it was very tough. Over twenty Soldiers, including my friend Sgt. Sanchez, quit that weekend. I was disappointed that so many Soldiers left the program. However, I became closer to those who were still standing and realized that nothing brings Soldiers closer together faster than a common bond of hardship coupled with a desire to succeed.

Three months later, in June, we traveled to South Dakota for Phase 1 training. It was here that we applied hands on training, leadership skills, and developing one's leadership style. One special moment occurred at the end of our two weeks in South Dakota when we visited Mount Rushmore. Dressed in BDU's, we were invited down to the stage by the park ranger to be recognized for our service to our country. We proudly sang "Drums" to a crowd of about 1,500 people. It was one of the most memorable experiences I have ever had in OCS. As Phases 2 and 3 progressed, there were many hills and valleys of life that many officer candidates experienced. For most, OCS was either not worth the sacrifice or due to family and /or career choices they could not continue with the program.

I respect and appreciate everyone who chooses to join the OCS program. The program pushes Soldiers to their physical, mental, and emotional limits which results in a stronger more confident person. Although our class graduation size reduced from 122 to 35 Soldiers, everyone who completes the OCS program learns how to take charge, take responsibility, and take the CA-ARNG to the next level of greatness in our defense of democracy, liberty, and freedom.

From 2nd Lt. Gregory Amundson's Graduation Speech:

The Officer Candidate School Class of 2006 started with over one hundred and twenty potential candidates in March of 2005. Today, 35 Soldiers stand before you prepared to receive our commission as leaders in the United States Army.

We are doctors, students, teachers, mothers and fathers. However, there is something special about each of us, something that sets us apart from the other doctors, students, teachers, mothers and fathers in our society. Underneath the cloak of our day jobs we carry a sword and a shield. We hear the distant beat of drums and when our Nation calls, we answer willingly and with haste. When we see an American Flag, our minds drift to distant battlefields occupied by those like us. Our backs are straighter, our heads held higher, and our eyes tell the story of our great Country. Our very hearts beat to a different cadence – a cadence that resonates with Duty, Honor and Country.



OC Amundson in the front lean & r

These leaders and this ceremony represent the past, present, and most importantly, our future.
– Lt. Col. Gregory DeBernard



Enjoying a Meal Ready to Eat (MRE)

Don



est position

Albalos, Jeffrey



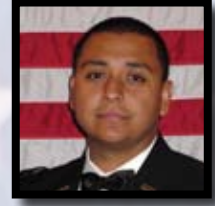
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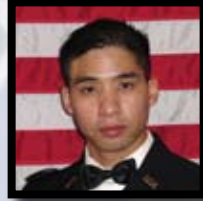
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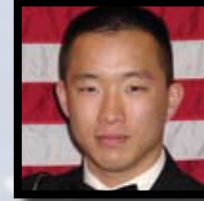
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Kim, James



Schleich, Gregory



Amundson, Gregory



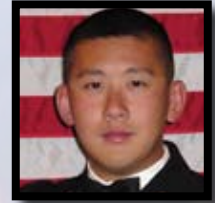
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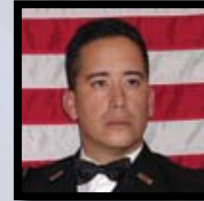
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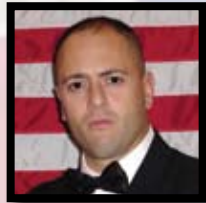
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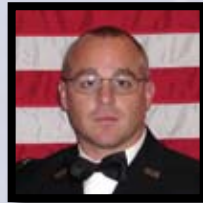
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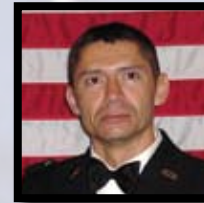
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Madera, Samuel



To, Billy



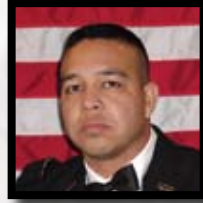
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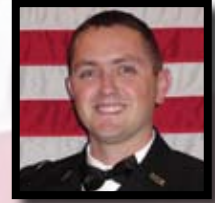
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Marshall, Kevin



Trent, Brandon



Marapao, Duane



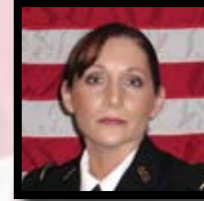
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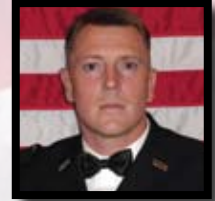
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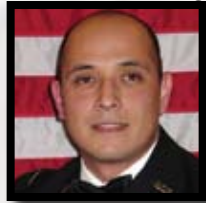
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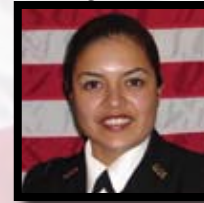
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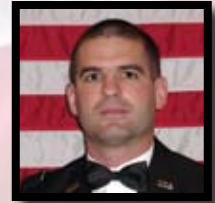
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Rodriguez, Georgina



Woods, Matthew



Red Cross

By 1st Lt. Bryan Williams

129th Family Readiness Coordinator Receives the 2006 Red Cross Volunteer of the Year Award

Carolann Wunderlin is no newcomer to the Armed Forces Emergency Services (AFES) Committee of Santa Clara Valley Red Cross. Her first involvement with Armed Forces Emergency Services (AFES) began in 1993 when, as an Information & Referral Manager and Air Force Aid Officer, she took part in a briefing hosted by the Onizuka Air Force Family Support Center to key staff of the Santa Clara AFES Committee. This meeting addressed the closure of the Red Cross Moffett Field Station in conjunction with the closure of Naval Air Station Moffett Field. Consequently, she became the South Bay's only Military Financial Aid Officer offering walk-in financial aid services from 1994 until October 1997 when the downsizing of Onizuka's support services under the 750th Space Group eliminated the Air Force Family Support Center.

Four years later in November 2001, she accepted a position with the



129th Rescue Wing Moffett Field administering the National Guard's newly funded Family Readiness Program where wisdom dictated that she resume her involvement with AFES. She learned then, and continues to advocate today, that the Family Readiness & Support

Program can not effectively exist without the essential partnership of the American Red Cross. She considers this partnership a necessary component in one of her primary responsibilities as an information and referral manager.

Since September 11th, she has directed a raw volunteer force through the onset of Operation Noble Eagle (security of airports and bridges), Operations Northern Watch and Southern Watch (security of the Iran/Iraq border) and then through major unit deployments to Operation Enduring Freedom (Afghanistan) and it's Shock & Awe campaign of Operation Iraqi Freedom, she also saw the rapid inception of other Family Readiness positions in local area units. Gleaning from her own wisdom regarding AFES partnership, Carolann recruited her

colleagues in Family Readiness to the AFES Committee.

Needless to say, she was instrumental in securing the rejuvenation of the AFES membership to date. Most recently, she was instrumental in securing the active involvement of SoldierFund.org, a newly established non-profit troop and family support organization.

From November 2005 to January 2006, she volunteered to host as the Interim AFES Chair during a brief period of vacancy. In this capacity, she garnered the unanimous agreement and support of AFES members to establish a local AFES Mission Statement, post it to the AFES Website and include the growing list of AFES participants. Her demonstrated initiative and concern for the overall military community in the South Bay has earned her the notable Red Cross recognition of Armed Forces Emergency Services "Volunteer of the Year".

California State Military Reserve Warrant Officer Course

The California State Military Reserve (CSMR) conducted a Warrant Officer Candidate Course at BT Collins, Sacramento, June 8-11 June 2006. The course was designed to prepare CSMR Warrant Officer for appointment to the State Military Reserve Warrant Officer Corps. Most importantly it was designed to align the CSMR Warrant officer training with that of the Active Duty and National Guard Warrant Officer Program.

In 2005, the Department of the Army developed a new definition to encompass all warrant officer specialties and grades. "The Army WO is a self-aware and adaptive technical expert, combat leader, trainer, and advisor. Through progressive levels of expertise in assignments, training, and education, the WO administers, manages, maintains, operates, and integrates Army systems and equipment across the full spectrum of Army operations. Warrant Officers are innovative integrators of emerging technologies, dynamic teachers, confident warfighters, and developers of specialized teams of Soldiers. They support a wide range of Army missions throughout their career. Warrant officers in the Army are accessed with specific levels of technical ability. They refine their technical expertise and develop their leadership and management skills through tiered progressive assignment and education." (Para 3-5, DA Pamphlet 600-3, Dec 2005)

Further clarification of the role of a warrant officer is found in FM 6-22. "Warrant officers possess

a high degree of specialization in a particular field in contrast to the more general assignment pattern of other commissioned officers. Warrant officers command aircraft, maritime vessels, special units, and task organized operational elements. In a wide variety of units and headquarters specialties, warrants provide quality advice, counsel, and solutions to support their unit or organization. They operate, maintain, administer, and manage the Army's equipment, support activities, and technical systems. Warrant officers are competent and confident warriors, innovative integrators of emerging technologies, dynamic teachers, and developers of specialized

teams of Soldiers. Their extensive professional experience and technical knowledge qualifies warrant officers as invaluable role models and mentors for junior officers and NCOs." (Para 3-12, Field Manual 6-22, Approved Final Draft)

The CSMR Warrant Officer Course met the charge to instruct, develop and mentor qualified Warrant Officers. With the exception of mobilized specific tasks the Warrant Officer Candidates received the same program of instruction as that received at the Warrant Officer School at Fort Rucker, Alabama



CSMR Warrant Officer Class 2006

PHOTO: SFC ROBERT PENNELL

Salute to Troops

By 1st Lt. Matthew McCarthy

"4th On Deck: Salute to the Troops" was put together by Fox Sports Network Bay Area in support of Soldiers deployed overseas. The program aired in concert with the Oakland A's vs. Tigers game on July 3, 2006 and was televised to troops all over the world on the Armed Forces Network.

The program included a live, televised feed between Soldiers in Iraq and their families, who gathered in the Oakland Raiders locker room to speak with their loved ones. Some baseball players, including Frank Thomas and Eric Chavez, took turns sitting in front of the camera, speaking with Soldiers who were sporting



Spec. Jonathan Gehweiler throws out first pitch.

Oakland A's baseball caps and jerseys along with their desert camouflage.

Several Soldiers who received

Purple Hearts in Iraq attended the game with their families, and were featured in interviews during the game. The Soldiers were from Charlie Company, First Battalion,

184th Infantry Regiment. Spec. Jonathan Gehweiler, a recipient of two Purple Hearts in Iraq, was the man of the hour, and threw out the ceremonial first pitch. Tanya Duplantier, wife of Sgt. Arnold Duplantier, who was killed in action in Iraq, and daughter Isabel were also present. Soldiers from the unit recognized Oakland pitcher Barry Zito for his support of Soldiers. He was presented a company challenge coin and sweatshirt for founding the charity "Strikeouts for Troops" (www.strikeoutsfortroops.org), to which he donates \$100 for every strikeout he throws. The charity has been joined by other sports figures and benefits hospitals for Soldiers wounded in military operations.

The patriotic night was topped off with a fireworks show sponsored by the Oakland Tribune.

Civilian Bosses Get a Lift for an Out of the Ordinary Workday

By Pvt. 2 Paizley Ramsey

From the rush of our initial take-off to the winding flight through sweeping hills, over serene lakes and canyons, to the shifting landscapes of rural California, we knew it wouldn't be a normal workday. A normal workday rarely includes a CH-47 "Chinook", simulated explosives, and high-tech weapons training systems.

Civilian employers are rarely given the opportunity to experience National Guard training and daily operations. With activities such as the boss lift operation, employers gain insight through a direct and hands-on approach. This particular occasion, a boss lift from Los Alamitos Joint Forces Training Base to Camp Roberts, the training site for the California Army National Guard, and back included almost 20 civilian employers of Soldiers of the 224th Support Battalion in Long Beach.

The bosslift operation is sponsored by the Employer Support of the Guard and Reserve (ESGR), an organization that is dedicated to ensuring that Guard members receive fair treatment from their respective employers while deployed. The ESGR is a nationwide, Department of Defense (DoD) sanctioned organization with regional divisions throughout the country. Wayne Salleng, the Los Angeles regional director for the ESGR, organized the boss lift operation. "The boss lift operation is an opportunity for civilian employers to see what National Guard training is like first hand," said Salleng.

Upon arrival at Camp Roberts, the boss lift participants were greeted warmly and invited to ask questions about the static displays that were set up on one of the bases training fields. One particular display simulated a BOA in Iraq.



If participants didn't feel immersed in the Army spirit by mid-morning, they certainly were by the time lunch rolled around with a variety of foods to choose from, including ribs; Meal Ready To Eat (MRE) ribs that is. Following lunch participants were shuttled to yet another training area. This training environment simulated typical convoy operations, including small dusty roads and a barren landscape.

A mock convoy ambush was simulated complete with Improvised Explosive devices (IEDs), .50 caliber machine gun simulation and other pyrotechnics. The civilian employers were able to witness the speed and accuracy of a typical convoy operation.

After gaining a greater understanding of what convoy operations actually look like, boss lift participants were given a shot at handling indoor weapons and vehicle simulations of the actual thing. The advanced weapons training systems included .50 caliber turrets complete with a mockup of the rifle and headgear to simulate a combat setting. "It's like a really expensive video game system," said one participant. The .50 cal simulation system alone comes with a cost of more than 10 thousand dollars.

The boss lift isn't just an opportunity to ride in a Ch-47, it allows employers the opportunity to gain understanding of their National Guard employee's responsibilities by experiencing Guard training. In addition to being able to use some of the equipment, participants are given the freedom to ask candid questions of the skilled operators of the tactical training materials. The ESGR hosts only a handful of events yearly but when an opportunity arises it's well worthwhile.

Joint Task Force Vista

By Master Sgt. Michael Drake

California Guard deploys for Operation Jump Start on a fast track.

The California National Guard has responded once again in a timely manner to the governor's call. Just ten short weeks following President Bush's request for governors to help secure the borders with National Guard troops, Joint Task Force VISTA had formed with more than 1000 Soldiers and Airmen on orders for Operation Jump Start – the SW Border Mission. Nationwide, 6,000 National Guard troops, primarily from the four border states, are being deployed along the Southwest border. The goals are to augment the Department of Homeland Security Customs and Border Protection while an additional 6,000 Border Patrol agents are recruited, trained and deployed for enforcement duties; provide observation teams for entry identification and improve the border infrastructure.

At a late-June press conference along the border, where scores of National Guardsmen were constructing a massive drainage project near the San Ysidro crossing, Governor Schwarzenegger emphasized the conditions he had set in approving the deployment: California National Guard forces would serve in support roles only and not engage in law enforcement activities to include apprehension, custody or transport; the deployed force would consist solely of volunteers; and those who had served overseas in Operations Iraqi Freedom or Enduring Freedom would not be subject to involuntary call-up. The mission would end no later than December 2008 and must not adversely impact the state militia's ability to respond to other Department of Defense missions or the state's disaster response capabilities. Finally, while Soldiers and Airmen are serving in a Title 32 status, the mission would be federally funded.

National Guard men and women from across California are reporting to Naval Base San Diego where they undergo processing, receive a series of briefings including a day-long brief from the Border Patrol, and are then given their assignments. The Guard forces are divided between San Diego and El Centro Sectors. Mission sets include, but are not limited to, Entry Identification (observation) Teams; information technology (camera operations and sensor dispatch);

maintenance of vehicles, equipment, and facilities; and aviation support in the form of observation and transport. Guardsmen are also building and renovating roads and drainage infrastructure, constructing additional lighting and camera towers, and working on the primary and secondary fences that separate the U.S. and Mexico. National Guard range safety officers are working with Border Patrol agents on the firing range. Others are serving in additional administration and other training scenarios. Training for these missions range from three days to three weeks, depending on the complexity of the assignment and the equipment used.

Soldiers and Airmen are initially serving in either a rotational (short-term) or durational (long-term) basis. Asked if they would extend, well over half have already signed up for a one-year tour. And despite the fact that Operation Iraqi Freedom & Operation Enduring Freedom vets are exempt from involuntary call-up, when a show of hands is called for during the briefings, nearly three fourths indicate they have also recently served overseas.

The South West Border Mission is already one of tremendous public

interest and media curiosity. Fifty-six media representatives, coming from as far away as London, attended the July 19 press conference at Brown Field Station where Colonel Kevin Ellsworth, commander of Task Force VISTA, introduced senior staff, outlined the organization structure and briefed media on the mission sets. During the follow-up Questions & Answers, reporters were astounded to learn the task force was comprised entirely of volunteers and that their participation in the border mission would not preclude them from being called upon for other deployments overseas.

Media then toured various construction sites including Echo One, site of the governor's press conference one month earlier, where the drainage project is nearing completion, as well as Whiskey Eight where an earth-moving project will raise the border fence and another set of massive gates, known as King Kong gates, are to be installed. An additional scope truck was staged at Arnie's Point to demonstrate the equipment that guard members will be manning as another set of "eyes and ears on the border." It was a scene of frenetic activity as reporters swarmed Soldiers and Airmen for interviews, gathered B-roll footage and did

stand-ups overlooking Tijuana and an extended view of the primary and secondary fence separating the U.S. and Mexico in the background.

Meanwhile, additional orders are being cut, troops continue to report to San Diego and then deploy in yet another mission in the war on terror. Without exception, individuals indicate it's a great mission, and an essential one to help secure and maintain operational control of our borders. For many it's not just a question of national defense, but also a matter of public safety to close off the corridor used for smuggling drugs, contraband, and terrorist weapons.

As one individual put it, "We're serving in the tradition of America's earliest citizen Soldiers – those who left their farms and families and responded to their nation's call in a time of need."

The Minuteman portrayed in the logo of the California National Guard serves as a reminder of the dedication and patriotism that was prevalent then, and continues even today in a tradition of service that goes back three hundred and seventy years.



California National Guardsmen construct a silt collection area along the US / Mexico border.

PHOTO: ISTITONI GRAY



115TH AREA SUPPORT GROUP RETURNS HOME

Reprinted courtesy of the Roseville Press Tribune. By Nathan Donato-Weinstein

After 18 months in Kuwait, Army Staff Sgt. Keith Duronslet knows a lot about hardship and sacrifice. But it was the short wait for baggage at a Sacramento airport that he calls "the worst hour I had in my life."

That hour was last Saturday, as Duronslet and 96 other California Army National Guard troops, members of the 115th Area Support Group, prepared to depart Sacramento International Airport for the Roseville Armory, where many of their families were waiting. And some of them had smaller reasons to be excited for home - literally.

"It was hardest because we had a new baby," Duronslet said, beaming at 18-month old daughter Monè, who was born just days before deployment.

The Roseville-based 115th ASG was honored Monday morning at a homecoming ceremony inside the theater at Woodcreek High School.

The group had been stationed at Camp Arifjan, in southern Kuwait, since last May.

Tasked with supporting soldiers on the front lines of Operation Iraqi Freedom, members oversaw communications, staffed departments and more, but primarily aided logistical and maintenance operations.

"We handled all classes of supply, from food to parts to repair parts," said Capt. Mary Scott. "That's the stuff that keeps the unit functioning."

About a quarter of the group were sent on support tasks inside Iraq. All of them made it home OK.

On Monday, troops packed the center of the Woodcreek theatre, flanked on both sides by friends and family.

To enthusiastic whooping and outbreaks of "hooah!," National Guard officials, U.S. Rep. John Doolittle and Roseville Mayor Pro-tem Rocky Rockholm praised guard members for their service and distributed awards and medals.

Maj. General William H. Wade II, the adjutant general of the California National Guard, read a proclamation by Lt. Gov. Cruz Bustamante honoring the group. Rockholm represented the city of Roseville's appreciation with an edict "proclaiming July 31, 2006, as a day of sincere gratitude" to the troops.

"The bottom line is any nation's freedom ultimately depends upon its armed forces, and we have the finest armed forces in the world," Doolittle said. "May God be thanked that you all came back safe and sound."

Members of the 115th will have about three months off before returning for drills at the Roseville site. Guard members customarily spend one weekend a month and two weeks a year in service, although the war in Iraq has meant increased mobilization for much of the Guard.

"Not since the likes of (World War II) have we seen such a mobilization such as the global war on terrorism," Maj. Gen. Wade said.

He added that California's Army National Guard has contributed more than 13,000 troops to the effort.

One of those is the 115th's Sgt. Diana Sinobago. Following a ceremony this past April, Sinobago and more than 40 others received U.S. citizenship.

Born in the Philippines, Sinobago said her decision to join the National Guard was borne by a desire to serve her country and to take advantage

of educational reimbursement opportunities available.

And while she may now be a U.S. citizen, she's looking forward to at least one vestige of her culture: "My mom's home cooked meals, Filipino food," she said when asked what she'll appreciate most about being home.

Indeed, it's the little things many of the troops looked forward to during their time overseas - choice of food, abundant water and, of course, the weather - things often taken for granted stateside.

Temperatures, for instance, could reach up to 140 degrees Fahrenheit in the desert, troops said.

"Last night I was at a friend's house and they were like, 'Oh my God it was 107 degrees the other day,'" said Sgt. Danielle McHugh, a legal specialist with the 115th. "And I just sit back and laugh."

"You can't explain 140 (degrees) with words," Sgt. Kara Greene added.

Staying in touch with loved ones is also tough overseas, despite increased access to communication technologies.

Sgt. Frederick Salonga said he was excited to visit with his wife and three young children without having to work out scheduling in advance.

"I'd get three hours sleep a night just to get to the MWR when nobody was there," Salonga said, referring to the camp's Morale, Welfare and Recreation Center. "I'd be there just to beat the crowd and phone my wife and kids before I had to go out and do my job."

- Nathan Donato-Weinstein can be reached at nathand@goldcountry-media.com.



PHOTO: SPC. MICHAEL AMICY

MSG Christina Eggros of the 115th Area Support Group with her sons at her unit returning home ceremony at Center High School Roseville, California.

Civil Engineering Games

163d Air Reconnaissance held its annual Civil Engineering Games. Air Guard wings compete through different obstacles and scenarios. The 'games' are physically and mentally challenging.



Interagency Communication

Rear Admiral Jody Breckenridge, District Eleven Commander, Coast Guard, visited the California National Guard Headquarters, Sacramento. On the agenda was to meet with California National Guard leadership and discuss interoperability as it pertains to Homeland Security. Rear Adm. Breckenridge received a brief from each of the Joint Staff directorates and later a demonstration of the IC4U. The IC4U is able to synchronize communications between different agencies' radio, telephone, and computer frequencies.



State Military Reserve Honored

On Wednesday, July 5th, 2006 members of California National Guard and California State Military Reserve were honored along with members from America's other five uniformed services at the San Diego Scottish Rite Bodies Center in a Military Recognition Night. First Lieutenant J'on Rider, California State Military Reserve and Staff Sergeant Chad Sliwa California Army National Guard were honored at the event.



74th Annual Purple Heart Convention

Governor Schwarzenegger attended the Military Order of the Purple Heart's 74th annual convention. While at the convention Governor Schwarzenegger pinned Staff Sgt. Richard Sanchez, Sgt. Nick Weber, Sergeant Mario Cortez, Spec. Caston Marrujo and Spec. Anastacio Lopez with the Purple Heart Medal. This photo was taken at the Omni Hotel in Los Angeles, CA.



40th PSD Deploys

Members of the 40th Personnel Services Detachment participated in a Farewell Ceremony on Sunday, July 9th in recognition of their upcoming deployment to Kuwait. The Detachment will deploy to Kuwait to perform general administrative support. Their mission while deployed will include the processing thousands of service members in and out of theater as well as providing essential moral welfare recreational services support for our deployed service members worldwide.

Det-32 arrives in Afghanistan

5 Pilots and Two enlisted flight operations specialists from Det-32, out of Mather, deployed for a one year tour to Afghanistan. They arrived on 10 August and assumed the mission on 13 August. Their mission is to provide C12 fixed wing aircraft support throughout the theater. Area of operations includes small airfields throughout Afghanistan, international flights to Qatar, Kuwait, Iraq, Dubai, Pakistan, and Tajikistan. Additionally, Det-32 is tasked to transport passengers and or cargo to these areas.



One of a Kind

Spec. Kevin Grannis,, 40th Military Company, was presented an Orange County Sheriff's Coin for his outstanding performance while on duty at John Wayne Airport from Orange Co. Sheriff Department's. Under Spec. Grannis' watch no one, regardless of rank, position and uniform is allowed entry without proper authorization.



11B Course

Infantry course (11B) was conducted at Camp San Luis Obispo, August 2006. This is a re-classification course. Also, non US Army Soldiers that transition into the California Army National Guard will attend this course in order to obtain the 11B MOS. (Full story to be featured in the Oct. Grizzly issue)



553rd Search & Rescue for 129th Rescue Wing

The men and women of the 129th Rescue Wing in a Total Force effort with the Air crew from the 79th Rescue Squadrons at Davis-Monthan Air Force Base assisted in this Search and Rescue mission which rescued a 56 year old male 400 miles off the coast of San Francisco who was experiencing life-threatening stroke-like symptoms. The individual was complaining of pain, numbness and leg cramps, and dizziness. The tasking for this mission came from the United States Coast Guard Station in Alameda, California.

Stories and images submitted by:

- ▶ Staff Sgt. Hector Mascorro
- ▶ Warrant Officer Marc Yablonca
- ▶ 1st Lt. Bryan Williams
- ▶ Staff Sgt. Joseph Prouse
- ▶ Maj. Brenda Hendricksen
- ▶ Warrant Officer Michael Hitchens
- ▶ Maj. Fred-Otto Egeler
- ▶ Spc. Michael Amicy

Lt. Col. Terral V. Thompson Assumes Command of Training Site Detachment from Lt. Col. Raymond V. Watts

Lt. Col. Raymond V. Watts handed over the command of the California National Guard Training Site Detachment to Lt. Col. Terral V. Thompson in a ceremony at the Joint Forces Training Base, August 5 2006. Lt. Col Watts was awarded the Meritorious Service Medal for his performance while in command.

184th Assists with Airport Security

Soldiers from the 1-184th Infantry Battalion prepare to provide assistance to California Airport Security after the terrorist threat was elevated. National Guard troops are assisting at the San Francisco, San Diego, and Los Angeles Airports.



Benefits

Enhanced TRICARE Open Season Coming

TRICARE Reserve Select (TRS) “open season” for Tier 2 and Tier 3 Selected Reserve members is Aug. 1 through Nov. 25, 2006. TRS is the premium-based health coverage offered by the Department of Defense similar to TRICARE Standard and TRICARE Extra. The National Defense Authorization Act for fiscal year 2006 expands TRS coverage to all qualified members of the Selected Reserve. Purchasing TRS coverage is a two-step process. For additional information, members and family members may access TRS fact sheets, frequently asked questions, briefing slides and other educational materials on the TRICARE website at <http://www.tricare.osd.mil/reserve/reserveselect>.

The New Defense Travel System (DTS) Is Coming Soon to California

California National Guard will soon join other organizations that are already using the new Defense Travel System (DTS). First envisioned in the mid-1990s, DTS was first fielded in 2001 at 27 pilot sites and is now supporting hundreds of thousands of DOD military and civilian personnel worldwide. Among the benefits DTS brings to travelers, authorizing officials, managers and commanders, those most touted include: fast, electronic reimbursement of travel expenses; approvals and certifications tied directly to mission; a significant reduction in time spent administering travel; reduced paperwork; and the automated payment of government charge cards.

TRICARE Reserve Select Eligibility Changes

The DoD announced that all members of the selected reserve now have the option to purchase their health coverage from TRICARE. Health coverage for selected serve members who apply for TRICARE Reserve Select and complete all the required steps will begin on October 1, 2006. The new TRS program eligibility determination period runs from July 1, through Sept. 25. TRS is a premium-based, three-tier TRICARE health plan for certain selected reserve members and their families. Selected reserve members must work with their service personnel offices to determine which one of three TRS tiers they qualify for. They must have their eligibility verified by their service personnel office and complete the Department of Defense Form 2895 before submitting their application to purchase TRS coverage. Only qualified selected reserve members may submit an enrollment form with the first month’s premium payment to purchase coverage. Servicemembers can review TRS program eligibility requirements at <http://www.defenselink.mil/ra/>. For additional information about the TRS benefit open enrollment dates for tiers two and three, visit <http://www.military.com/NewsContent/0,13319,104541,00.html>.

Army Raises Maximum Enlistment Age

Stars and Stripes | By Lisa Burgess | June 23, 2006

For the second time in six months, the Army is raising the maximum enlistment age for new recruits, this time from 40 to 42, recruiting officials announced Wednesday. The increase to age 42 applies to both men and women, and older applicants are eligible for the same enlistment bonuses and other incentives available to any other applicant, according to Julia Bobick, a spokesman for the Army’s Recruiting Command at Fort Knox, Ky. *** Also applies to Army National Guard

Online Disabled Transition Assistance

The Dept. of Veteran Affairs has unveiled a new online Disabled Transition Assistance Program resource. The new website - www.vetsuccess.gov - provides important benefit information to servicemembers and veterans who may have incurred an injury or illness while on active duty. Log on to Disabled Transition Assistance Program link on the left side of the page under “Home” to watch a video presentation that explains your VA Transition Assistance benefits.

Flags Across the Nation

Eileen Schwartz wanted to bring the patriotic spirit back to her hometown of San Diego. As a result, she founded Flags Across the Nation, hoping to make a difference and display the American spirit for all citizens to see. The volunteer organization promotes patriotism through the arts. With many of its projects directed to the patriotic education of children, the organization donates robes and blankets and sends letters and cards to the troops. It also sells note cards on its website to raise money for military support efforts. For more information, visit the Flags Across the Nation website at <http://www.flagsacrossthenation.org/>

Military OneSource 101: What can Military OneSource do for you?

Webinars are interactive online workshops that allow you to view a presentation online while listening to a teleconference that includes the presenter and other attendees. You can interact with the presenter and attendees through phone conversation, live chat, polling, and other online tools.

You may already know that Military OneSource is a lifesaver for time-strapped Service members and their families. But you may not know about the enormous range and depth of our services - from information and referral; to free CDs, articles, and booklets; to expert, confidential counseling. Attend this webinar and you’ll be sure to learn at least one thing that you didn’t know about this free, confidential, 24/7 benefit. Linda Mixon, MSW, CEAP, and Military OneSource Program Manager, will review the basics of what Military OneSource can do for you and your family. Whether you’re single or married, new to the military or a senior leader, spouse, Service member, or parent, you’re sure to leave this session learning something new about what Military OneSource has to offer.

To attend a live session, you must first register.

Visit www.militaryonesource.com and click on the Webinar link under the Events and Community section on the left side of the page. Choose a session date and click on the registration link. Once you have registered, you will receive an e-mail confirmation providing the information that you need to join the session.

For questions regarding registration send an e-mail to webinars@military-onesource.com.

Military Amputees to Get Free Service Dogs

Thanks to the Guide Dog Foundation for the Blind and a new pilot program, amputees at Walter Reed Army Medical Center will soon get their own service dogs, without cost. The dogs are trained to help the troops balance as they learn to walk with artificial limbs, to retrieve items the servicemembers drop, and in some cases, to serve as braces as the troops lift themselves from a chair or the floor. While helping veterans overcome physical barriers, the dogs will help them overcome emotional ones, too, by serving as a companion dog during the veteran’s transition. For more information on service dogs, visit the Guide Dog Foundation for the Blind website at <http://www.guidedog.org/>.

Air Force Overseas Assignment Listing Available

The Enlisted Quarterly Assignment Listing for overseas requirements for the April – June 2007 cycle is now available. Airmen need to work through their military personnel flights to update their preferences by Aug. 17. Deployed personnel must work with their PERSCO representative to update assignment preferences. Airmen will be notified of their selection by Sept. 15. Members are instructed to review, prioritize and update their assignment preferences based on the EQUAL list. Airmen can view the list on the Assignment Management System at <https://www.afpc.randolph.af.mil/afpcsecure/MainMenu.asp> or at the local MPF.

Experts Help Children Deal With Loss

Experts with the Military Child Education Coalition are working to help military children deal with the death of a parent through a new initiative: “Living in the New Normal; Supporting Children through Trauma and Loss.” Retired Army Dr. (Col.) Stephen J. Cozza said some educators don’t recognize that a child’s behaviors, difficulty in learning or emotional state may be related to adverse events in their life. The new program will lead to a system of resources for educators and parents. For more information on the Military Child Education Coalition, visit its website at <http://www.militarychild.org/>.

AAFES Offers Year Round ‘Back to School’ Savings

Families with school-aged children are expected to shell out an average of \$527 on back-to-school items according to a National Retail Federation study. Army & Air Force Exchange Service (AAFES) customers enjoy competitively low prices that average more than 20 percent less than comparable retailers for many products including back-to-school items. If AAFES does not have the lowest price, the BX/PX will match competitors’ current, local price on any identical stock assortment. AAFES also offers a 30-day price guarantee on any item originally purchased from AAFES and subsequently sold at a lower price by AAFES, or another local competitor (excluding unauthorized dealers and warehouse clubs).

Program Helps Parents and Children

A new initiative called “Parent to Parent” is designed to bring parents together to teach other parents how to be the best advocates for their children. The program is funded by the Army Community and Family Support Center’s Child and Youth Services and by the Military Child Education Coalition. The program hosts workshops for parents on how to get the most out of homework, how to prepare for parent-teacher conferences and how transitioning families should deal with special needs students. Other workshops help military parents prepare students for applying for college and preparing for highschool. For more information on the Military Child Education Coalition, visit its website at <http://www.militarychild.org/>.

Family Support Network

The American Legion’s Family Support Network stands ready to assist you and your family as you serve our country. With nearly 15,000 American Legion Posts across the nation, chances are there’s a local Legion family member willing to lend a hand with grocery shopping, childcare, lawn care, fixing the family car, and countless other challenges. Family members simply call a toll-free number to provide details of the need and then let Legion family volunteers take over. To request assistance, call 1-800-504-4098 or e-mail familysupport@legion.org.

Prohibited Items! Travel Tips for Enhanced Security

Due to enhanced security measures liquids, gels, lotions and other items of similar consistency will not be permitted in carry-on baggage. These types of items must be packed in your checked baggage.

★ Additionally, liquids, gels and lotions purchased beyond the checkpoint but must be disposed of before boarding the aircraft.

★ To ensure the health and welfare of certain air travelers the following items are permitted.

- Small amounts of Baby formula and breast milk if a baby or small child is traveling
- Liquid prescription medicine with a name that matches the passenger’s ticket
- Up to 8 oz. of liquid or gel low blood sugar treatment
- Up to 4 oz. of essential non-prescription liquid medications
- Gel-filled bras and similar prosthetics worn for medical reasons

★ You are permitted to bring solid cosmetics and personal hygiene items as such lipstick, lip balm and similar solids. Please remember these items must be solid and not liquid, gel or aerosol.

★ Only the items mentioned above are permitted in your carry-on bags. If you have questions or doubts on certain items, place those in your checked baggage.

We encourage everyone to pack gel-filled bras in their checked baggage. We recognize the sensitivity of the issue and we are reaching out to key women’s medical associations to assist passengers and make information available to them while respecting their privacy. Passengers with medical gel prosthetics will be permitted through the security checkpoint.

★ Please keep in mind, that while we can not provide an exhaustive list of items that covering all eventualities, all liquids, gels, or aerosols of any kind are prohibited at security checkpoints, in airport sterile areas, and aboard aircraft. You can pack these items in your checked baggage.

★ We ask for your cooperation in the screening process by being prepared before you arrive. We also ask that you follow the guidelines above and try not to over-think these guidelines. Please pack liquids, gels, and aerosols in your checked baggage even if you do not normally check a bag.

★ In addition to liquids, gels, and aerosols numerous other potentially dangerous items are not permitted in carry-on baggage. We strongly encourage travelers to read more about previously prohibited items to avoid complications during screening.

- Learn more about our new security procedures
- Learn more about the threat level change

Prohibited Items

To help you understand what you should or should not bring in your carry-on baggage, we have provided the following list of common items you may be traveling with. Remember, liquids, gels and aerosols are prohibited. Please leave those items at home or pack them in your checked baggage.

- Makeup and Personal Items
- Aerosol spray bottles and cans
- All creams and lotions including Neosporin or first-aid creams and ointments, topical or rash creams and ointments, suntan lotions, moisturizers, etc.
- Bug and mosquito sprays and repellents
- Eye drops (See exceptions below)
- Deodorants made of gel or aerosol
- Hair styling gels and spray of all kinds including aerosol

Exceptions

Under certain circumstances, some items from the list above are permitted. To help you understand more about these items and the circumstances under which they are permitted please read below.

★ Eye drops - You are allowed to carry up to 4 oz., of eye drops with you. Volumes greater than 4 oz., are only permitted in your checked baggage.

★ Gel Shoe Inserts - Gel shoe inserts are not permitted, but shoes constructed with gel heels are allowed and must be removed and screened.

Prescription and non-prescription medications and other medical needs

★ Saline solution - You are allowed to carry up to 4 oz., of eye drops with you. Volumes greater than 4 oz., are only permitted in your checked baggage.

★ Baby formula and food, breast milk and other baby items.

FOR MORE INFORMATION LOG ON TO: <http://www.tsa.gov/>



Lest We Forget

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